ARMY SUBSTANCE ABUSE PROGRAM (ASAP)

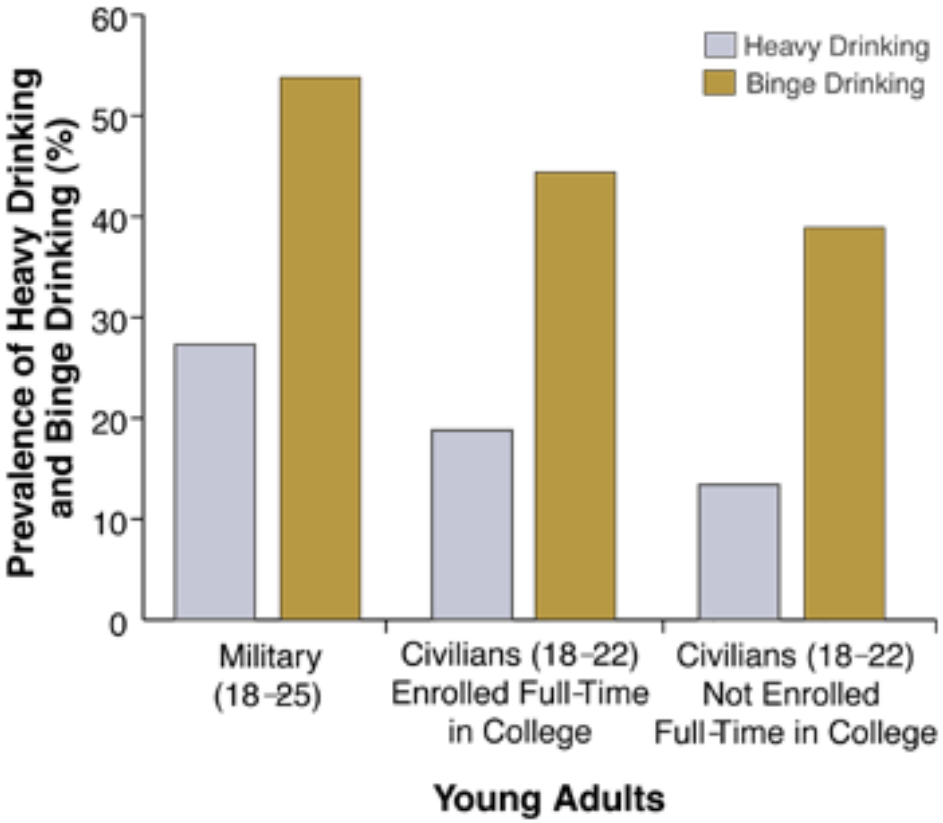
Underage Drinking

ALCOHOL

Standardized Comparisons of the Prevalence of Heavy Alcohol Use[a] Among 18- to 25-Year-Old Military Personnel and Civilians, Past 30 Days, by Gender, 2001–2002

		Comparison Population				
Gender	**Civilian**	**Total DOD**	**Army**	**Navy**	**Marine Corps**	**Air Force**
Males	17.8% (0.5)	32.2% (2.3)[b]	32.8% (2.5)[b]	31.8% (3.5)[b]	38.6% (4.0)[b]	24.5% (3.2)[b]
Females	5.5% (0.3)	8.1% (1.0)[b]	6.3% (1.7)	11.5% (2.7)[b]	12.9% (2.3)[b]	6.3% (1.4)
In Total Population	15.3% (0.4)	27.3% (2.1)[b]	27.6% (2.4)[b]	26.0% (4.0)[b]	35.4% (4.8)[b]	19.8% (2.0)[b]

Researchers (2003) found that the highest levels of negative effects—serious consequences (e.g., missing a week or more of duty because of a drinking-related illness or being arrested for driving while impaired, productivity loss, and dependence symptoms—occurred among military personnel in the lowest pay grades (i.e., E1 to E3). Other serious consequences included not being promoted, receiving a low performance rating, being arrested for another alcohol-related reason, being involved in a traffic crash resulting in injury or property damage, and fighting while drinking.)



Hazardous drinking among young adults in the military and civilians, by college enrollment status, 2002.

SOURCES: Military data: Bray et al. 2003. Civilian data: Substance Abuse and Mental Health Services Administration 2002.

Influence of Peers

ALCOHOL FACTS

- There are many factors that affect the rate of intoxication and the metabolism of alcohol. No two people process alcohol at the same rate.
- The presence of food in the stomach decreases the rate of absorption. Fasting (not eating) increases stomach emptying, thus increasing the rate of absorption.
- Alcohol mixed with water or fruit juice is absorbed slower, while alcohol mixed with a carbonated beverage is absorbed faster.

ALCOHOL FACTS

- The situation, your mood, and why you drink on a particular occasion effect how alcohol affects you.
- The body develops a physical and psychological dependence to alcohol over time.
- Increased drinking increases your tolerance, requiring more alcohol to cause an affect in you.
- The type and concentration of alcohol consumed effect the rate of intoxication and metabolism.

BAC

- Blood alcohol concentration (BAC) charts are a good guideline to use in determining my level of intoxication, right?
- BAC charts should only be used as a general guideline. Usually, BAC charts are based on body weight, number of drinks per hour, and a metabolism rate of 0.5 ounces per hour.
- Charts don't take into account gender, body composition differences, use of medication, mood changes, or your personal metabolism rate.
- Be very careful utilizing these references and remember to take **all** of these factors into account.

APPROXIMATE BLOOD ALCOHOL PERCENTAGE (MALES)

	BODY WEIGHT IN POUNDS								EFFECT ON PERSON
Drinks	**100**	**120**	**140**	**160**	**180**	**200**	**220**	**240**	
0	.00	.00	.00	.00	.00	.00	.00	.00	**ONLY SAFE DRIVING LIMIT**
1	.04	.03	.03	.02	.02	.02	.02	.02	**IMPAIRMENT BEGINS.**
2	.08	.06	.05	.05	.04	.04	.03	.03	
3	.11	.09	.08	.07	.06	.06	.05	.05	**DRIVING SKILLS SIGNIFICANTLY AFFECTED. POSSIBLE CRIMINAL PENALTIES**
4	.15	.12	.11	.09	.08	.08	.07	.06	
5	.19	.16	.13	.12	.11	.09	.09	.08	
6	.23	.19	.16	.14	.13	.11	.10	.09	
7	.26	.22	.19	.16	.15	.13	.12	.11	**LEGALLY INTOXICATED. CRIMINAL PENALTIES IMPOSED.**
8	.30	.25	.21	.19	.17	.15	.14	.13	
9	.34	.28	.24	.21	.19	.17	.15	.14	
10	.38	.31	.27	.23	.21	.19	.17	.16	

APPROXIMATE BLOOD ALCOHOL PERCENTAGE (Females)

	BODY WEIGHT IN POUN0DS									EFFECT ON PERSON
Drinks	90	100	120	140	160	180	200	220	240	
0	.00	.00	.00	.00	.00	.00	.00	.00	.00	ONLY SAFE DRIVING LIMIT
1	.05	.05	.04	.03	.03	.03	.02	.02	.02	IMPAIRMENT BEGINS.
2	.10	.09	.08	.07	.06	.05	.05	.04	.04	DRIVING SKILLS SIGNIFICANTLY AFFECTED. POSSIBLE CRIMINAL PENALTIES
3	.15	.14	.11	.10	.09	.08	.07	.06	.06	
4	.20	.18	.15	.13	.11	.10	.09	.08	.08	
5	.25	.23	.19	.16	.14	.13	.11	.10	.09	
6	.30	.27	.23	.19	.17	.15	.14	.12	.11	LEGALLY INTOXICATED. CRIMINAL PENALTIES IMPOSED.
7	.35	.32	.27	.23	.20	.18	.16	.14	.13	
8	.40	.36	.30	.26	.23	.20	.18	.17	.15	
9	.45	.41	.34	.29	.26	.23	.20	.19	.17	
10	.51	.45	.38	.32	.28	.25	.23	.21	.19	

EFFECTS OF ALCOHOL AND BAC

.02 - .03 BAC **– No loss of coordination, slight euphoria and loss of shyness. Depressant effects are not apparent.**

.04 - .06 BAC – Feeling of well-being, relaxation, euphoria, and lower inhibitions. Minor impairment of reasoning and memory. .05 IS THE LEGAL LIMIT IN THE U.S. ARMY.

.07 - .09 BAC – Slight impairment of balance, speech, vision, and reaction time. Judgment and self-control are reduced, caution and reason are impaired. IN MOST STATES THE LEGAL LIMIT IS .08.

.1 - .125 BAC – Significant impairment of motor coordination and loss of good judgment. Speech is slurred and balance, vision, reaction time, and hearing are impaired. IT IS ILLEGAL IN ALL STATES TO OPERATE A

EFFECTS OF ALCOHOL AND BAC

.13 - .15 BAC - Gross motor impairment and lack of physical control. Blurred vision and serious loss of balance. Euphoria is reduced and dysphoria (anxiety, restlessness) begins to appear.

.16 - .20 BAC – Dysphoria predominates, nausea begins to appear. The drinker appears to be a *"sloppy drunk"*.

.25 BAC - Needs assistance in walking; total mental confusion. Dysphoria with nausea and some vomiting.

.30 BAC - Loss of consciousness.

.40 ≤ BAC - Coma, and possible death due to respiratory arrest.

Binge Drinking

An estimated 75,000 Americans die each year because of alcohol use.

Binge drinking has been defined as five or more drinks per occasion, with a drink equaling 10 grams of alcohol.

In general, if you drink, you should only drink one drink per hour. A drink is defined as one 12 Oz American beer, one 4 ounce glass of wine, one 10 ounce wine cooler or one 1 ½ ounce of 80-proof hard liquor.

Factors such as body weight and body chemistry should also be considered.

Fatal Injuries and Lifelong Dependence are Common Consequences of Underage Drinking

Injury is the leading cause of death among young people in the U.S. and alcohol is the leading contributor to injury deaths. In the U.S., an estimated 5,000 individuals under age 21 die each year from injuries caused by underage drinking .

These include:

- **Motor Vehicle Crashes**: About 1,900 deaths
- **Homicides**: About 1,600 deaths
- **Suicides**: About 300 deaths

Alcohol Dependence

• Early alcohol use, independent of other risk factors, strongly predicts the development of alcohol dependence.

• Of all people who ever meet the diagnostic criteria for alcohol dependence in their lifetime, **nearly half do so by age 21 and two-thirds by age 25**

National Institute on Alcohol Abuse And Alcoholism

HEALTH PROBLEMS

- AIDS
  Alcoholism
  Alcohol Poisoning
  Cancer
  Depression and Suicide
  Heart Disease
  Liver Disease
  Sexually Transmitted Diseases (STDs)
  Gateway Drug?

When someone is intoxicated:

- Certainly you should not leave the intoxicated person, Check their breathing, waking them often to be sure they are not unconscious?
- A drunk person should not be put in charge of another drunk person.
- Do not exercise the person.
- Do not allow the person to drive a car, motorcycle, bicycle, or ATV.
- Do not give the person food, liquid, medicines or drugs to sober them up.
- Do not give the person a cold shower; the shock of the cold could cause unconsciousness.
- Remember: **THE ONLY THING THAT CAN SOBER A DRUNK IS TIME**

How to tell if someone has alcohol poisoning?

If the person is breathing less than twelve times per minute or stops breathing for periods of ten seconds or more, CALL 911

If the person is asleep and you are unable to wake them, CALL 911

Look at the person's skin. If it is cold, clammy, pale, bluish CALL 911

Other Important Factors.

Stay with a person who is vomiting! Try to keep the person sitting up.
If they must lie down, keep them on their side with their head turned to the side. Watch for choking; if the person begins to choke, **GET HELP IMMEDIATELY**, CALL 911.

If a person drinks alcohol in combination with **ANY OTHER DRUG**, **THE COMBINED EFFECT COULD BE FATAL**, CALL 911.

If the person is not in need of medical attention and is going to “sleep it off,” be sure to position the person on their side placing a pillow behind them to prevent them from rolling out of position. This is important to help prevent choking if the person should vomit. **STAY WITH THE PERSON AND WAKE THEM UP FREQUENTLY**.

IF at any time you can not wake the person up, CALL 911.

Alcohol/MJ Knowledge Test

- 1. Having a birth parent with alcoholism increases the risk for alcoholism.

  True. It is the increased biological risk, not the experience of living with a parent who has alcoholism that increases risk for developing alcoholism.

2. People who are impulsive, gregarious, rebellious and high sensation seekers have higher rates of alcoholism.

True. People who are sensation seeking, gregarious, impulsive and rebellious are more likely to develop alcoholism. The personality traits often influence more high-risk drinking choices.

3. Mental and physical tolerance levels increase equally as tolerance goes up from high-risk drinking.

False. Mental tolerance and physical tolerance levels both increase as a response to high-risk drinking, but physical tolerance levels rise higher and faster than mental tolerance.

4. If people are drinking for fun, they are not likely to develop problems.

False. Why we drink is not as important as how much and how often we drink.

5. Research has found that most marijuana users still show significant impairment for at least 2 and ½ hours after smoking.

True. Although some people might find this hard to believe, about 60% failed a sobriety test 2 and ½ hours after smoking. The marijuana high, like alcohol impairment, can be hard for the user to recognize due to increases in tolerance and decreases in sensitivity.

6. It is low risk for people to be impaired as long as they don’t do it very often.

False. This moves people closer to their trigger levels and increases risk for raising tolerance and experiencing health or impairment problems.

7. The only low-risk choice for people with alcoholism is abstinence.

True. Only total, continuous abstinence will interrupt the progression of alcoholism and maintain recovery. People in phase four cannot consistently make any other low-risk drinking choice.

8. Studies have found that marijuana is physically addictive.

True. Research indicates that loss of control and withdrawal occurs with marijuana use.

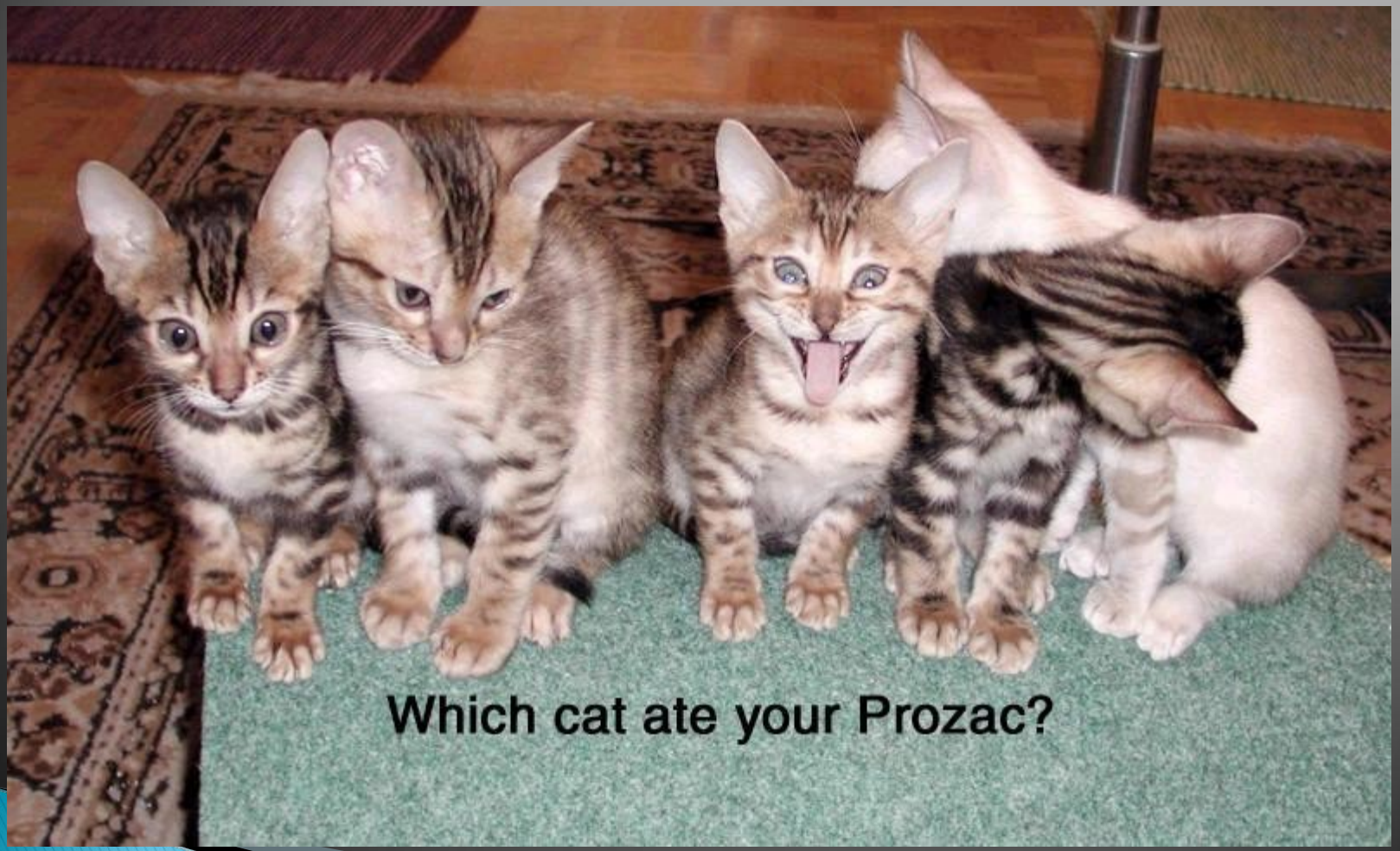
9. Anyone who makes high-risk choices could develop alcoholism or addiction.

True. Everyone has some biological risk for developing alcoholism and addiction. It is the interaction of choices with a person's body-brain-biology that determines the outcome.

10. 70% of drinkers in the U.S. make low-risk drinking choices most of the time.

True. 70% of all of the drinkers in the U.S consume only 10% of all the alcohol sold in this country.

QUESTIONS ?



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